

# THE STATE OF CALIFORNIA'S EMPLOYEE ASSISTANCE PROGRAM

Your Employee Assistance Program (EAP) offers face-to-face counseling, telephonic consultations and online tools to help you balance your health, work and life.

**MHN**  
www.mhn.com

**We can help you:**

Manage Stress

Address Family and Relationship Issues

Overcome Depression

Tackle Alcohol and Substance Abuse



Wallet Card Here

Call us toll-free anytime:

**(866) EAP-4SOC**

(866) 327-4762

TDD callers, please dial: (800) 327-0801

Or visit:

**<http://eap4soc.mhn.com>**

(access code: soc)